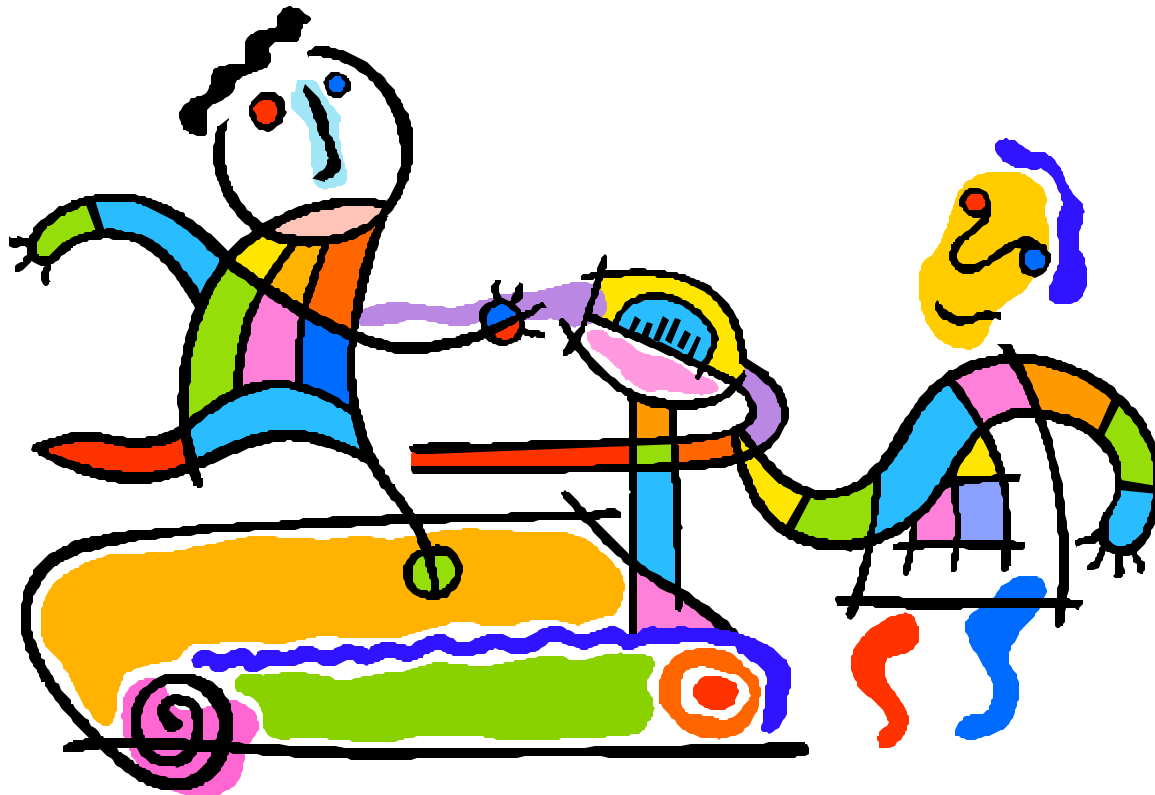


# FINDING TIME FOR FITNESS



# Why Can't We Find Time To Exercise?



- Jam-packed schedules
- New technology:  
Computers allow people to sit all day long
- Reluctant to spend free-time away from family
- Too tired
- Don't know how to exercise / intimidated
- Feel that exercise is too boring and monotonous
- Medical conditions / Feel like there is no solution
- Have tried it and felt that it was useless



# Why Is Exercise So Important?



- More Americans are now less active and more obese than ever.
- Parents need to show by example and instill good lifetime habits in their children.
- Children now are acquiring Type II diabetes!
- Almost 14% of children are overweight.
- In the 1970's only ~6% of children were obese.
- Exercise helps to decrease the risk of heart disease, high blood pressure, diabetes and other metabolic diseases.
- Exercise has been shown to instill more self-confidence.
- ↑ Longevity



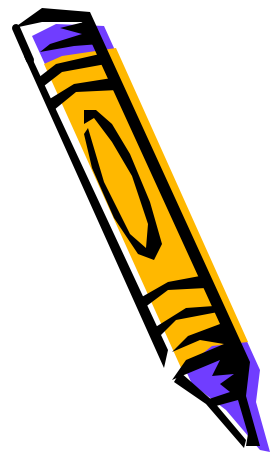
# TIPS:



- Look for fun, simple ways to add some quick “chunks” of movement into your day.
- Several short bouts of exercise can provide benefits that are similar to one long bout.
- For example, three 10-minute segments of exercise can provide similar benefits to one continuous 30-minute session.



# What Can I Do In The Morning Before I Go To Work?



- 5-minute morning stretch
- 5-minutes of calisthenics (sit-ups, push-ups): can be done as a family, partner up with your children so they can count as you do the exercises and you in turn can count for them
- Turn on a workout video your kids would enjoy and do a 10-minute section of it together.
- While you're making breakfast or getting dressed, turn on dancing music and do a "get up boogie".



# IS THERE ANYTHING I CAN DO WHILE I'M AT WORK?



- Most people sit at a desk all day long.
- Because we can do most of our work from a little space, we may have to look for ways to add movement into our days at work.
- Be creative!



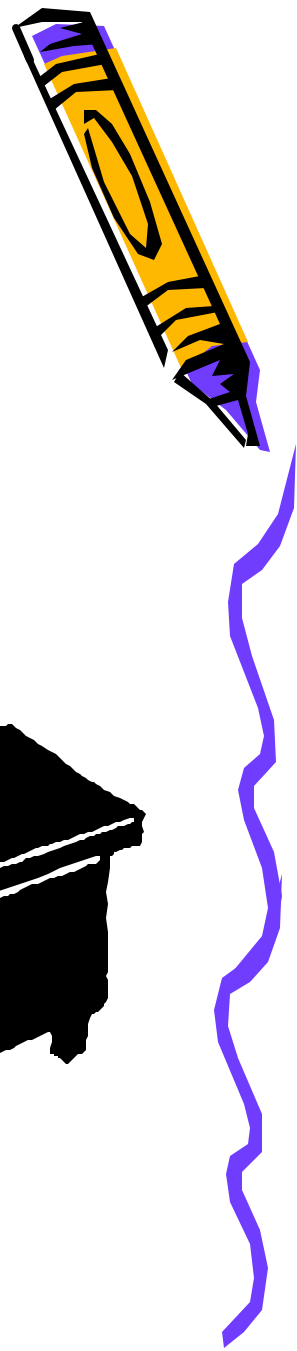
# WAYS TO GET QUICK BOUNDS OF EXERCISE AT WORK:



- Instead of choosing the nearest bathroom, choose one on another floor and use the stairs to get there.
- Grab a friend and take a walk at lunchtime or during your "coffee-break".
- Try to do some easy stretches at your desk at least once an hour to help relax your muscles and relieve tension.
- Park farther away from the building in which you work.



# WHAT KIND OF STRETCHES CAN I DO AT MY DESK?

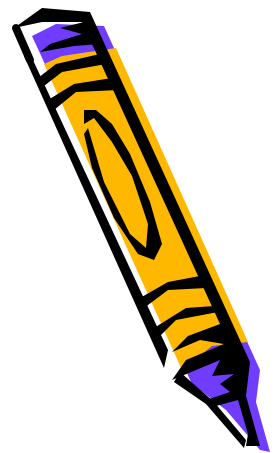


- Sit up tall in your chair, or if possible stand up. Stretch your arms overhead and interlock your fingers, turn the palms to the ceiling. Take a deep breathe in and on the exhale extend your side torso and take the tips of the shoulder blades into the body. Take another deep breathe and on the exhale stretch to the right, inhale come up and exhale stretch to the left.





# WHAT KIND OF STRETCHES CAN I DO AT MY DESK?

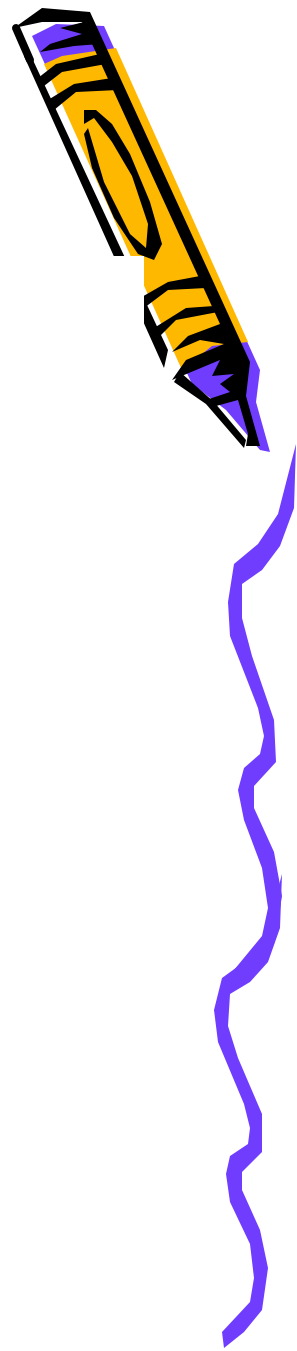


- On an inhale, lift your shoulders up to your ears and then exhale and let them drop. Repeat 3 times.



# WHAT KIND OF STRETCHES CAN I DO AT MY DESK?

- Take your hands behind your back and interlock the fingers, stretching the shoulders back, opening the chest. Take several breaths.



# WHAT KIND OF STRETCHES CAN I DO AT MY DESK?



Stand by your desk  
and place your  
palms on the desk  
top with the  
fingers pointing  
toward your body.  
Gently stretch the  
lower arm and  
wrist.



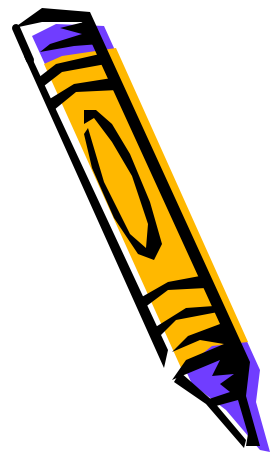
# I'M SO TIRED WHEN I GET HOME FROM WORK: IS IT REALLY POSSIBLE TO DO SOME EXERCISE IN THE EVENINGS?



- Too many chores? Maintaining your health is just as important.
- Making time for exercise is a choice; this may mean skipping something else.
- If you have time to watch television, you have time to exercise. The average American spends four hrs. a day watching T.V.



# TIPS FOR EVENING EXERCISES



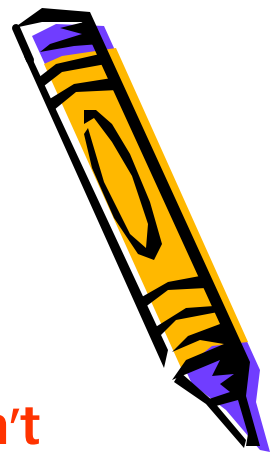
- Before dinner, try playing an active family game such as shooting hoops, Frisbee, tossing a ball, soccer, or even Ping-Pong.
- Play music while preparing dinner that everyone can move and dance to.
- Take a family walk after dinner with the dog or take small children in the stroller.
- Stretch before bedtime. This will help you relax and hopefully sleep sounder.



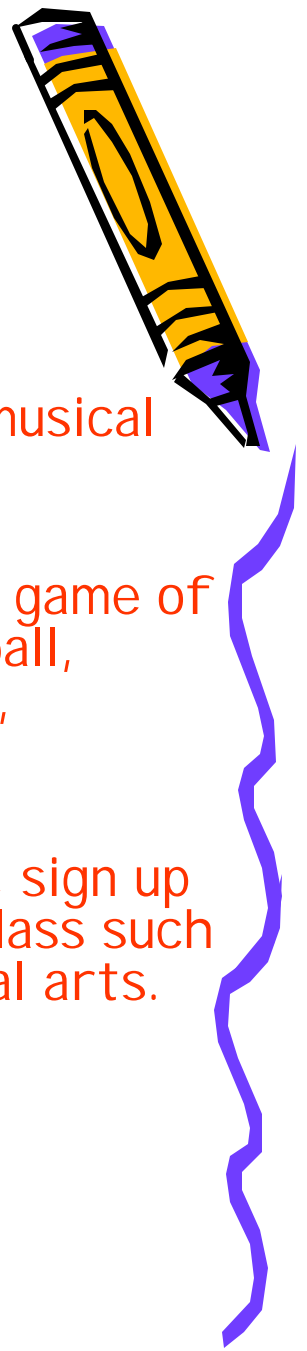
# WHAT ABOUT THE WEEKENDS?



- Good News!! You don't have to give up your weekly fishing excursions or trips to the beach in order to get some exercise in during the day.
- Set aside 30-60 minutes on Saturday and Sunday to do something physically active as a family.



# EXERCISE AS A FAMILY ON THE WEEKENDS



- Walk or have races around the school track.
- Go for a bicycle ride.
- Roller blade.
- Explore a community hiking path.
- Visit the local playground (yes, adults, you can join in the fun too).
- For the little ones, try musical chairs or bean-bag toss.
- For older children, try a game of basketball, tennis, softball, paintball, touch-football, volleyball, etc.
- If available in your area, sign up for a physically-active class such as yoga, dance, or martial arts.
- Have a scavenger hunt.



# WHAT IF I LIVE ALONE?

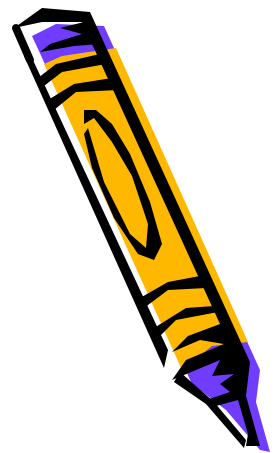


- You can still exercise at home alone or find a friend who will help hold you both accountable to exercise.
- Join the local softball team together or something active that you would enjoy doing (i.e. dance, walking club, swimming, tennis etc.).
- Go for walks.
- Find a group to play beach or indoor volleyball.





# OTHER CONVENIENT WAYS TO FIT EXERCISE INTO YOUR SCHEDULE



- Stretch while watching T.V.
- Use soup-cans as weights to tone the muscles in your arms.
- Take the stairs instead of the elevator.
- Park farther away from the store (if during daylight hours).



# OTHER CONVENIENT WAYS TO FIT EXERCISE INTO YOUR SCHEDULE



- Walk for 10 minutes straight at a time in between stops while shopping at the mall.
- Plant and cultivate a vegetable garden. (Bonus? More fruits and veggies added to your diet!)
- Choose a TIME to exercise and stick with it!



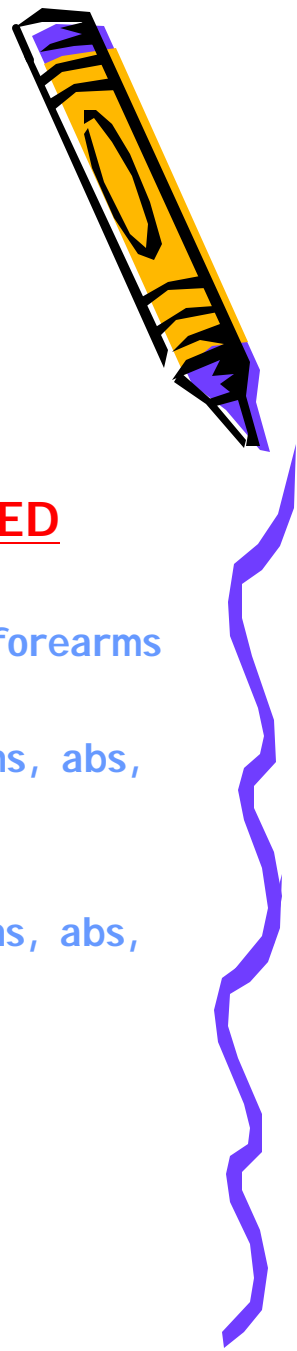
# Exercise I S Boring!!



- NOT TRUE!! You do not have to go to a gym in order to exercise.
- Exercise CAN be enjoyable!
- Get outdoors! Make the most of each moment.



# Did you know that you can burn calories while doing the things you love?



<u>SPORT</u>	<u>CALS BURNED / HR</u>	<u>MUSCLES WORKED</u>
Water-Skiing *	~475	glutes, quads, abs, hams, forearms
Scuba-Diving	~415	biceps, triceps, quads, hams, abs, glutes
Snorkeling	~375	biceps, triceps, quads, hams, abs, glutes

\* Based on a 150 lb person

